



## Efficacy of Mashadi Upanaha Sweda in Niramavastha of Janusandhigata Vata- A Review

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**Abstract:** *Sandhigata Vata* is form of *Vata vyadhi* mainly affecting knee joint (*Janusandhi*), because it is weight bearing organ of body. Due to day- to- day sedentary lifestyle and *Vata prakop* causes *Doshavaigunya* and *Dhatuvaigunya*. When the vitiated *Vata* aggravates in *Janusandhi* called as *Janusandhigata vata*. In *Janusandhigata vata Shoola* (pain), *Shotha* (swelling), *Akunchana Prasaranayoho Savedana Pravrutti* (pain during movements), *Vatapurna druti sparsha* (crepitus) of the joint are common clinical features. In *Niramavastha* of *Sandhigata vata*, *dhatukshaya* is a major event. *Upanaha sweda* or poultice application is one of the *chikitsa* described in the management of *Sandhigatavata* under *samanya chikitsa* sutra of *swedana*. *Mashadi Upanaha sweda* is of *Guru, Snigdha, Brumhana, Vataghna* by property, mixed with *Masha, Godhuma, Devodar choorna, Kanji, Tilataila, Godugdha, Saindhava* decrease vitiated *Vata dosha* and gives strength to the joints. This article is an initiation to study its efficacy of *Mashadi Upanaha sweda* in the management of *Janusandhigatavata Niramavastha*.

**Keywords:** Janusandhigatavata, Niramavastha, Mashadi Upanaha, Swedana

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## Introduction

Health is not merely an absence of disease, it is physical, mental and social wellbeing as told by "WHO" in its definition [1]. According to *Ayurveda*, Sushrutacharya has mentioned the *Swastha vyakhyata*-State of equilibrium of *Doshas*, *Agni*, *Dhatu*, *Mala*, as well as gratification of *Atma*, *Indriya*, *Mana* is called Health [2]. Following proper diet (*Ahara*), practicing wholesome regimen (*Vihara*), and taking adequate sleep (*Nidra*) helps to maintain equilibrium of *Dosha*, *Dhatu*, *Mala*. According to *Tridoshas*, *Vata* is most important to doing *cheshta* and responsible for all diseases when it gets vitiated. It has control over all the movements of body and mind including the nervous system too. Remaining *Doshas* (*Pitta* and *Kapha*) and other ailments of body are dependent on *Vata Doshas* for the movements of body [3]. Now a days, Health is hampered due to many urbanization issues which creates disturbed lifestyle habits leads to health deterioration causing *Doshavaigunya* and *Dhatuvaigunya*. *Sandhigatavata* stands top in the list. The cause of pain in *Sandhi's* by *prakupita vata dosha* is the chief phenomena in the *Samprapti* of *Sandhigatavata*. *Janusandhi* is one of the types of *Marma* and comes under the *Madhyama rog marga*, *Vata dosha* and *Dhatukshaya* make disease *kashtasadhya*. In this *Ayurveda* has two approaches [4].

A. *Nirupastambhita vata* (*Dhatukshayajaneeta*)

B. *Upastambhita vata* (*Margavarodhjanya*)

In *Nirupastambhita Vata*vyadhi, *Vata* is only *karak dosha* while in *Upastambhita vata*vyadhi there is a presence of *Aam* and rest *dosha*. *Sandhigata vata* is more prone to be affected to knee joint, because it is the most frequently involved joint in daily routine work. It can be correlate with osteoarthritis because of similarity in clinical features as *Sandhishool* (Pain), *Akunchana Prasaranayoho* *Savedana pravrutti* (pain during movements), *Vatapoorna Druti Sparsha* (Crepitus), *Sandhi Shotha* (Swelling) [5].

*Panchakarma* is a very unique therapeutic procedure because of it is preventive, promotive, prophylactic and rejuvenative properties as well as providing a radial cure. Acharya Sushruta mentioned the treatment for *Sandhigatavata*

Clearly i.e. *Snehana*, *Upanaha*, *Agnikarma*, *Bandhana* and *Unmardana* in chronological order [6]. *Swedana* is one of the *chikitsa* in the *Vatavyadhi samanya chikitsa sutra*.

**Etymology-Upanaha** is *Charamapatta* i.e. Bandage [7]. The word *Upanaha* is of masculine gender, derived by adding the *Upasarga* 'Upa' to 'Nah' dhatu which means *Bandhana*.

In *Upanaha sweda*, medicated paste is applied over the knee joint, tied around and kept for some time. These procedure were described in *Sushruta Samhita* [8]. and *Sharangdhara Samhita* [9]. In *Niramavastha* of *Sandhigatavata*, *dhatukshaya* is a major event, so it becomes necessary to select some *Vataghna*, *Guru*, *Brumhana*, *Ushna*, *Snigdha Upanaha sweda*.

**Table 1.** Ingredients of *Mashadi Upanaha* [10]

Drugs Name	Using part	Guna	Latin name
Masha [5]	Seed	Vatashamaka	Phaseolus mungo Linn.
Godhuma [11]	Seed	Vatanashaka, Kaphaprada	Triticum aestivum Linn.
Devodara [12]	Moola	Kaphavataashamaka	Cedrus Deodara (Roxb.) Loud.
Tilataila [14]	Sesame oil	Vatakaphaghna	Sesamum indicum
Godugdha [13]	Cow milk	Vatakaphahara	Milk of Bos Taurus indicus
Saindhava [14]	Rock salt	Tridoshaghna	Sodii chorium imura
Kanji [14]	Dhanyaml a	Vatakaphahara	-

As a *Upanaha sweda* found to be decrease vitiated *Vata dosha* and gives strength to the *Janusandhi*. In order to study the effectiveness of *Mashadi Upanaha sweda* and treat the patients of *Janusandhigatavata Niramavastha*.

### ***Sandhigatavata Niramavastha Samprapti* [15]**

#### ***Samprapti Ghataka-***

*Nidana-* *Vataprakopaka Nidana*

*Dosha-* *Vyana vayu* and *Shleshaka Kapha*

*Dushya-* *Mamsa*, *Meda*, *Asthi*, *Majja*

*Srotasa-* *Asthivaha*, *Majjavaha*

Rogmarga- Madhyama Marga

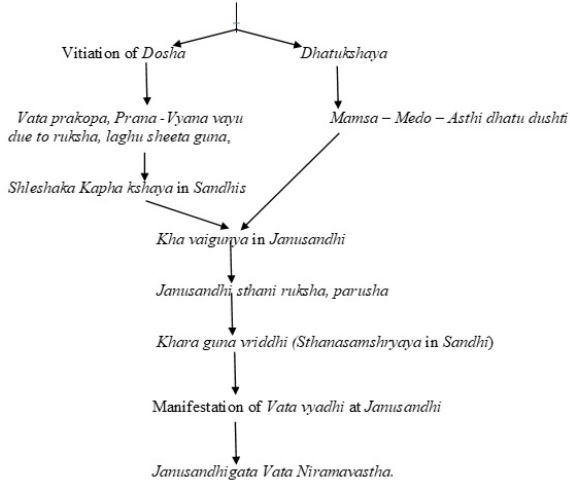
Udbhavasthana- Pakwashaya

Adhithana- Asthi Sandhi (Janu Sandhi)

### Sandhigata Vata Niramavastha Samprapti

*Sandhigata Vata Niramavastha Samprapti-*

*Hetu sevana (Ruksha, Atri vyayam, Sedentary Life Style etc.Nidana + Vardhakya)*



*Upanaha Sweda* is the only type of *Sweda* which comes under both *Agni* and *Niragni* type of *sweda*. Preparation of *Upanaha Sweda* as per Standard Procedure according to the *Sharandhara Samhita* [9].

### Procedure of Upanaha Swedana [9][14]

#### Poorva Karma

01. *Masha Choorna*, *Godhuma Choorna*, *Devodar Choorna* each weighing 80gms were mixed together.
02. Mixture was taken in a bowl and *Saindhava* 10gm, *Tila taila* 100 ml, *Godugdha* 200ml, *Kanji* 100ml were added.
03. All ingredients were mixed well with uniform consistency.
04. 5 ml Oil were taken in pan and heated for 2min. Prepared paste was added and heated for 3 min until it became soft.

#### Pradhana Karma

01. *Sthanika Abhyanga* was done for 5 min over affected knee joint with *Tila taila*.
02. Now the warm paste layer of 1 cm thickness was applied on *Manjarapaat kapada* and placed on affected knee joint of the patient.
03. The warm *Upanaha Sweda* was tied over knee

joint, covering it completely in its circumference as well as 6 cm below and above the midpoint of the joint and leave it for 6 hrs.

### Pashchat Karma

*Upanaha* was removed after 6 hrs and knee joints were cleaned with warm water and asked to have a rest. *Upanaha sweda* was given for continuous 7 days and follow up was done on 14 days.

## Discussion

*Janusandhigata vata* is common at the old age group due to *Dhatukshaya* which leads to *Vataprakopa*. Because of *Ashrayashrayi Sambandha*, *Vata* which resides in *Asthi* starts aggravating due to *Dhatushosha* via-a-vis causes Degeneration. In *Niramavastha* of *Janusandhigata vata*, due to *Vata prakopa* and *Shleshaka Kapha kshaya*, the *Ruksha*, *Khara*, *Parusha* gunas are increased in *sandhi*. *Mashadi Upanaha sweda* decreases all *gunas* with its *Guru*, *Snigdha* gunas and pacifies *Vata*. *Mashadi Upanaha sweda* is composed of *Masha*, *Godhuma*, *Deodar choorna*, *Saindhava*, *Kanji*, *Tilataila*, *Godugdha* which is *Ushna*, *Guru*, *Snigdha*, *Brumhana*, *Balya*. It helps in the caesation of pathogenesis. Properties of materials have *Madhura*, *Katu* predominant *rasa* and *Madhura vipaka* it acts as a *Brumhana* so, ultimately *dhatukshaya* was reduced. Specific action of the contents, they predominantly act on *Mamsa*, *Medo*, *Asthi*, *Majja Dhatu*.

### Mode of action of Mashadi Upanaha sweda in Janusandhigata vata [16]

01. *Upanaha Sweda* is *Vatashamaka* due to its *Snigdha* and *Ushna* gunas.
02. The drugs selected in *Mashadi Upanaha* are having most of the properties of *Swedana dravyas* contributing mainly *Vedanasthapana*, *Shothahara*, *Vatashamaka*.
03. The inner temperature rises affect the function of pituitary gland. By heat, the pituitary accelerates the body metabolism and affects several internal hormones.
04. Hot fomentation causes dilatation of the vessels and induces hyperemia. Due to this capillary pressure increases and decreases the congestion of internal organs, eliminating the toxins and tissue relax.

Increase peripheral circulation provides transport to help to reduce oedema which can help in inflammation, decrease pain and speedy healing. Warming of the body has been shown to exhibit sedative effect via sensory nerve ending.

## Observations

### Parameters for Assessment [14]

The following Parameters were assessed on Day 0 (screening), Day 7 (On completion of treatment) and Day 14 (follow up day).

01. *Sandhi Shoola* was assessed using VAS scale.
02. *Akunchana Prasaranayoho Savedana Pravrutti* was assessed through WOMAC index.
03. *Vatapoorna Druti Sparsha* was assessed through WOMAC index.
04. *Sandhi Shoola* was assessed by measuring tape in cm.
05. Walking Time- The patient was asked to walk a distance of 100m and the time required for the same was noted.
06. Goniometry- knee joint angle was measured with the help of goniometry.

**Table 2.** Average Relief in Percentage

Sr. No.	Symptoms	Relief on 7 Day	Relief on 14 Day
1.	Shoola	54.59%	57.47%
2.	Vatapoorna druti Sparsha	40.71%	45.54%
3.	Prasaranayoho Akunchana Savedana Pravrutti	55.71%	59.56%
4.	Shotha	6.46%	6.81%
5.	Walking Time	17.18%	20.22%
6.	WOMAC INDEX	29.92%	32.85%
7.	Goniometry	32.83%	32.91%
8.	VAS SCALE	46.69%	49.96%

## Conclusion

Present study reveals that the selected management have effect on *Niramavastha* of *Janusandhigatavata* with no side effects. Thus, we can conclude that *Mashadi Upanaha sweda* is very effective in the management of *Niramavastha* of *Janusandhigatavata*.

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